

Multimedia Appendix 3. Distribution of scores in EQ-5D at baseline (pre) and after 12 weeks (post). Numbers presented in domains is percent (%), number presented in EQ-VAS is mean score.

	No problems		Slight problems		Moderate problems		Severe problems		Extremely problems	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Mobility	79	93	7	7	7		7			
Self-care	100	100								
Usual activities	64	93	29	7	7					
Pain/discomfort	36	57	36	14	14	22	14	7		
Anxiety/depression	57	50	36	43			7	7		
	Pre	Post								
EQ-VAS	69±12	72±14								